

“The Kingdom of God is like a healthy family and is founded on love.”

Bishop Michael Pfeifer

## 12 Ways Family Life Prepares Us for the Eucharist:

What you do at home prepares you and your child for the sacred work we participate in at Mass. Our lives are not separated into compartments, with some of it sacred and some not. Every part of our lives can be filled with God's presence.

1. Gather together on the weekends. When we take time out to connect with one another and are mindful that God is with us, we prepare to gather with our parish community. Make the hours before attending Mass special.
2. Forgive and seek forgiveness. We begin our worship by asking God's mercy. Our life at home is sweetened when we “forgive those who trespass against us.”
3. Pray in daily life. It prepares us to respond to the celebrant's call at Mass: “Let us pray.”
4. Practice listening at home. If we cannot listen to one another, we will not be ready to listen and hear the Word of God at Mass.
5. Recognize the Good News happening in our own lives. If we fail to see God present in our home, we won't likely recognize God in the stories of the Gospel.
6. Ask for help and for what you need. In the family we learn we are dependent on one another. It prepares us to depend on God and on our fellow believers.
7. Offer ourselves to one another. Service around the home prepares us for offering ourselves to God at Mass. We bring all our prayers, works, joys, and sufferings to the altar.
8. Praise God together at home. Whether at mealtime, bedtime, or in gratitude for blessings received, praise at home helps us lift up our hearts to the Lord at Mass.
9. Find Christ in one another every day. It will prepare us to see Christ in the people we gather with at Mass.
10. Remember together as a family. At Mass, we remember the great things God has done, and we remember the gift of the Eucharist that Jesus gave us.
11. Offer thanks to one another. When we teach our children to say please and thank you, we prepare them to offer their thanks at Mass.
12. Go forth living your faith. Part of family life is preparing our children to live good lives. That reinforces the final message of the Mass- to go forth to love and serve God and one another.

Catholics are encouraged to receive Holy Communion when participating in the Mass as a way of strengthening our faith, easing the bonds of sin, and drawing us into a deeper friendship with Christ.